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\$466 GOAL

HOORAY! THIS PROJECT IS FULLY FUNDED

Help EJHS Live Fit!

My students need 6 Polar H7 Heart Rate Monitors.

My Students

Having good cardiovascular health is arguably the most important aspect of a person's fitness. Not only can good cardiovascular health help prevent numerous health issues, such as; hypertension, high cholesterol, cancer, and obesity, but can potentially add years to one's life.

Our school is a proverbial melting pot of race and ethnicity.

The diversity of our students is rivaled only by their desire to learn and better themselves. Our students truly want to be successful and

Mr. Jennings

Grades 6-8



Evans Junior High School

Bloomington, IL

More than a third of students from low-income households ⓘ

develop a culture they can be proud of. Our school is in its fourth year and have had three different principals and assistant principals, so creating this identity has been difficult. The students are working to break the confines of lack of identity by working hard in everything from science class to physical education. One such aspect in PE our students are dedicated to working on and improving, is the above mentioned cardiovascular health. On a daily basis, our students are actively working on this and many other areas of physical fitness. They keep fitness journals and use them to periodically self-assess everything from exertion levels, to overall fitness level improvement.

My Project

Utilizing the requested heart rate monitors would allow for students to have a wealth of accurate and personal data to drive their self-assessment. Each of the requested heart rate monitors are equipped with bluetooth to automatically display real-time information to either a smartphone, tablet, or computer about each student's heart rate. These monitors track: heart rate at a given moment, target heart rate zone, time spent within target heart rate zone, and more. Not only is that information displayed to the students during the activity, but the results from the heart rate monitors can be later accessed by the students via an online account where they can get graphical summaries and reports covering the above mentioned information from that day's activity. This gives students the opportunity to see exactly what is going on with their heart through the duration of the workout (warm up, activity, cool down) which is a major learning tool for students in both PE and Health classes.

We all understand the benefits of maintaining good cardiovascular health.

7 donors have given to this project.

This project will reach **700** students.

Bloomington, IL

Grades 6-8

More than a third of students from low-income households

Gym & Fitness

Health & Wellness

SHARE MR. JENNINGS'S PROJECT



In order to maximize those benefits from an activity, a person needs to be in their target heart rate zone for at least 20 minutes, 3 times a week. These monitors offer our students the ability to track exactly how long they are in their target heart rate zone and monitor the intensity of their activity to maximize its benefits. These monitors are great tools for improving overall health and quality of learning.

Where Your Donation Goes

MATERIALS	COST	QUANTITY	TOTAL
Polar H7 Bluetooth Smart Heart Rate Sensor, X-Small/Small • AMAZON	\$59.99	6	\$359.94
Materials cost			\$359.94
Vendor shipping charges			FREE
State sales tax			\$0.00
3rd party payment processing fee ?			\$5.40
Fulfillment labor & materials ?			\$30.00
Total project cost ?			\$395.34
Suggested donation to help DonorsChoose.org reach more classrooms ?			\$69.77
Total project goal ?			\$465.11
Still needed ? View calculation			\$0.00

Our team works hard to negotiate the best pricing and selections available. ?


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Project Activity

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